

WHAT IS CLAIMED IS:

1. A martial arts training apparatus comprising:
 - a support structure having a first point of attachment and a second point of attachment spaced a distance away from said first point of attachment;
 - 5 at least one resilient band having a first end attached to said first point of attachment and a second end attached to said second point of attachment; and
 - a target attached to said resilient band, wherein said target is suspended from said resilient band.
- 10
2. A martial arts training apparatus as defined in Claim 1, wherein said target is made of a soft material.
- 15
3. A martial arts training apparatus as defined in Claim 2, wherein said target further comprises a spherically shaped object encased in a flexible pocket which is suspended from said resilient band.
- 20
4. A martial arts training apparatus as defined in Claim 3, wherein said flexible pocket is made of flexible rope netting sized to completely surround said spherically shaped object.
5. A martial arts training apparatus as defined in Claim 4, wherein said spherically shaped object is a tennis ball.
- 25
6. A martial arts training apparatus as defined in Claim 5, wherein said support structure further comprises:
 - at least two vertical posts adjustable in height;

at least one support rod adjustable in length positioned between said at least two vertical posts to hold said posts a predetermined distance away from each other; and

5 at least one point of attachment for said at least one resilient band to attach
said vertical posts.

7. A martial arts training apparatus as defined in Claim 4, wherein said resilient band is surgical tubing.

10 8. A martial arts training apparatus as defined in Claim 6, wherein said at least one attachment point on said vertical posts are positioned along a longitudinal axis of said posts at different heights so that when said at least one resilient bands are attached, multiple targets can be hit at different levels.

15 9. A martial arts training apparatus as defined in Claim 8, wherein said support structure has four vertical posts to form a substantially rectangular or square interior space, and four support rods form the perimeter of said interior space.

20 10. A martial arts training apparatus as defined in Claim 9, wherein said vertical post comprises:

 a lower tube having a first inner dimension, and a base portion attached to a first end;

 an upper tube having a second inner dimension identical to said first inner dimension;

25 an intermediate tube having an outer dimension smaller than said first inner dimension and said second inner dimension, said intermediate tube positioned inside said lower tube at a second end, and said upper tube slidably moveable on said intermediate tube to a higher or lower height; and

a locking device selectively actuatable for holding said upper tube to said intermediate tube after it is positioned.

11. A martial arts training apparatus as defined in Claim 10, wherein said lower tube, upper tube and intermediate tube are cylindrical.

5 12. A martial arts training apparatus as defined in Claim 10, wherein said at least one point of attachment for said resilient band is positioned along the length of said upper tube and/or said lower tube

10

13. A martial arts training apparatus as defined in Claim 12, wherein said at least one point of attachment includes an attachment device for securing said resilient band to said post.

15

14. A martial arts training apparatus as defined in Claim 13, wherein said attachment device comprises a hook bolt that is selectively removal from said at least one post, said at least one post has at least one aperture in the side wall of said lower tube or said upper tube for accepting said hook bolt, said hook bolt extends through said at least one aperture and said hook bolt is secured using a nut.

20

15. A martial arts training apparatus as defined in Claim 14, wherein said at least one resilient band has a first loop formed at said first end of said resilient band and a second loop formed at said second end of said resilient band for securing to said attachment device.

25

16. A martial arts training apparatus as defined in Claim 1, wherein said support structure is attached to at least one wall of a room further comprising:

 a first post adjustable in height attached to a first wall;

a second post adjustable in height attached to a second adjacent or opposite wall, and said first post and said second post are spaced a predetermined distance away from each other;

5 at least one point of attachment for said at least one resilient band to attach to said first vertical post and said second vertical post; and

at least one bracket is used on each of said first post and said second post for securing said first post and said second post to said walls.

10 17. A martial arts training apparatus as defined in Claim 16, wherein said bracket comprises a U-shaped portion having a first end and a second end, and tabs extending substantially perpendicular from said first end and said second end having both holes contained therein, and a self tapping or lag bolt is used to hold said bracket to said wall when said first post or said second post is placed in the U-shaped portion.

15 18. A martial arts training apparatus as defined in Claim 17, wherein said target is made of a soft material.

20 19. A martial arts training apparatus as defined in Claim 18, wherein said target further comprises a spherically shaped object encased in a flexible pocket which is suspended from said resilient band.

25 20. A martial arts training apparatus as defined in Claim 19, wherein said flexible pocket is made of flexible rope netting sized to completely surround said spherically shaped object.

21. A martial arts training apparatus as defined in Claim 20, wherein said spherically shaped object is a tennis ball.

22. A martial arts training apparatus as defined in Claim 21, wherein said resilient band is surgical tubing.

23. A martial arts training apparatus as defined in Claim 22, wherein said at least one attachment point on said vertical posts are positioned along a longitudinal axis of said posts at different heights so that when said at least one resilient bands are attached, multiple targets can be hit at different levels.

24. A martial arts training apparatus as defined in Claim 23, wherein said at least one post comprises:

a lower tube having a first inner dimension, and a base portion attached to a first end;

an upper tube having a second inner dimension identical to said first inner dimension;

15 an intermediate tube having an outer dimension smaller than said first inner dimension and said second inner dimension, said intermediate tube is positioned inside said lower tube at a second end, and said upper tube slidably moves on said intermediate tube to a higher or lower height; and

20 a locking device selectively actuatable for holding said upper tube to said intermediate tube after it is positioned.

25. A martial arts training apparatus as defined in Claim 24, wherein said lower tube, upper tube and intermediate tube are cylindrical.

26. A martial arts training apparatus as defined in Claim 24, wherein said at least one point of attachment for said resilient band is positioned along the length of said upper tube and/or said lower tube.

27. A martial arts training apparatus as defined in Claim 26, wherein said at least one point of attachment includes an attachment device for securing said resilient band to said post.

5 28. A martial arts training apparatus as defined in Claim 27, wherein said attachment device is a hook bolt that is selectively removable from said at least one post, said at least one post has at least one aperture in the side wall of said lower tube or said upper tube for excepting said hook bolt, said hook bolt extends through said aperture in said side wall of said upper tube or lower tube and said hook bolt is
10 secured using a knot.

15 29. A martial arts training apparatus as defined in Claim 28, wherein said at least one resilient band has a first loop formed in at said first end of said resilient band and a second loop formed in said second end of said resilient band for attachment to said for securing to said attachment device.

20 30. A method for training in martial arts comprising punching or kicking a soft pliable target suspended from a resilient band attached at either end to a support structure such that said target returns to substantially its original position for subsequent punching and/or kicking.

31. A method for training in martial arts as defined in Claim 30, wherein said support structure further comprises:

at least two vertical posts adjustable in height;
25 at least one support rod adjustable in length positioned between said at least two vertical posts to hold said posts a predetermined distance away from each other; and
at least one point of attachment for said at least one resilient band to attach said vertical posts.

32. A method for training in martial arts as defined in Claim 31, wherein said target is made of a soft material.

5 33. A method for training in martial arts as defined in Claim 32, wherein said target further comprises a spherically shaped object encased in a flexible pocket which is suspended from said resilient band.

10 34. A method for training in martial arts as defined in Claim 33, wherein said flexible pocket is made of flexible rope netting sized to completely surround said spherically shaped object.

35. A method for training in martial arts as defined in Claim 34, wherein said spherically shaped object is a tennis ball.

15 36. A method for training in martial arts as defined in Claim 35, wherein said resilient band is surgical tubing.

20 37. A method for training in martial arts as defined in Claim 36, wherein said at least one attachment point on said vertical posts are positioned along a longitudinal axis of said posts at different heights so that when said at least one resilient bands are attached, multiple targets can be hit at different levels.

25 38. A method for training in martial arts as defined in Claim 37, wherein said support structure has four vertical posts to form a substantially rectangular or square interior space, and four support rods form the perimeter of said interior space.

39. A method for training in martial arts as defined in Claim 38, wherein said vertical post comprises:

a lower tube having a first inner dimension, and a base portion attached to a first end;

5 an upper tube having a second inner dimension identical to said first inner dimension;

an intermediate tube having an outer dimension smaller than said first inner dimension and said second inner dimension, said intermediate tube positioned inside said lower tube at a second end, and said upper tube slidably moveable on said 10 intermediate tube to a higher or lower height; and

a locking device selectively actuatable for holding said upper cylindrical tube to said intermediate cylindrical tube after it is positioned.

40. A method for training in martial arts as defined in Claim 39, wherein said

15 lower tube, upper tube and intermediate tube are cylindrical.

41. A method for training in martial arts as defined in Claim 40, wherein said at least one point of attachment for said resilient band is positioned along the length of said upper tube and/or said lower tube.

20

42. A method for training in martial arts as defined in Claim 41, wherein said at least one point of attachment includes an attachment device for securing said resilient band to said post.

25

43. A method for training in martial arts as defined in Claim 42, wherein said attachment device comprises a hook bolt that is selectively removal from said at least one post, said at least one post has at least one aperture in the side wall of said lower tube or said upper tube for accepting said hook bolt, said hook bolt extends through said at least one aperture and said hook bolt is secured using a nut.

44. A method for training in martial arts as defined in Claim 43, wherein said at least one resilient band has a first loop formed at said first end of said resilient band and a second loop formed at said second end of said resilient band for securing to said attachment device.

5